

MARKET LANE

VEGAN LUNCH MENU

STARTERS

Today's soup with sourdough baguette €6.60

Sticky miso roast aubergine, hazelnut dukkah crust, tahini slaw, pickled mouli €8.90

Fondant sweet potato and lentils, sugar snaps, hazelnut dukkah, beetroot puree, carrot hummus, sourdough croutons and lemon and lemon & poppy seed dressing €7.80

MAIN COURSES

House pita, spiced chickpea falafel, beet and mooli slaw, butternut & tahini €8.30

Spiced roast cauliflower, red lentil, cashew and spinach dhal, brown rice pilau, pickled salad and a poppadum €15.90

Spiced bean, sweet potato and chickpea chilli, avocado salsa and pickled cabbage, brown basmati rice €15.70

Vegan Mezze Plate of Spiced chickpea falafels, patatas aliñadas with red pepper and onion, cauliflower tabbouleh, home baked pitta, pickles and dips €15.60

Crispy Tofu, watermelon, sugar snaps, lentils, red onion, local leaves, orange and mint dressing €12.50

SIDE DISHES

Cauliflower tabbouleh, fresh herbs, spring onions, pomegranate and spiced butternut €4.70

Sweet potato wedges with smoked paprika €4.70

Steamed root vegetables €4.10 roasted herbed potatoes €4.10

Market Lane side salad €4.70 Brown basmati rice €3.70

DESSERTS

Mango sorbet with fresh pineapple and mango, toasted coconut and pomegranate €7.20

Vegan chocolate and peanut butter tart €7.50

5/6 OLIVER PLUNKETT STREET CORK

OPENING TIMES: 12-LATE 6 DAYS. SUNDAYS 1PM-9:30PM. BOOKINGS TAKEN FOR PARTIES OF 6 OR MORE.

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